

Coach-In-Training Version

FOCUS ON ME

Visual Map & Step-by-Step Directions

FOCUS on ME

☐ HEALTH ☐ FUN & RECREATION ☐ FINANCES ☐ CAREER

☐ ENVIRONMENT ☐ FAMILY ☐ FRIENDS ☐ RELATIONSHIP ☐ PERSONAL DEVELOPMENT

• **INSIGHTS:**

SHIFT-IT COACH
www.shift-it-coach.com

SHIFT-IT
Merkley Map 7 ©2010

Merkley Map®

The SHIFT-IT Graphic Coaching Process®



Produced by: SHIFT-IT Coach, Inc. www.shift-it-coach.com

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THE SHIFT-IT GRAPHIC COACHING PROCESS™

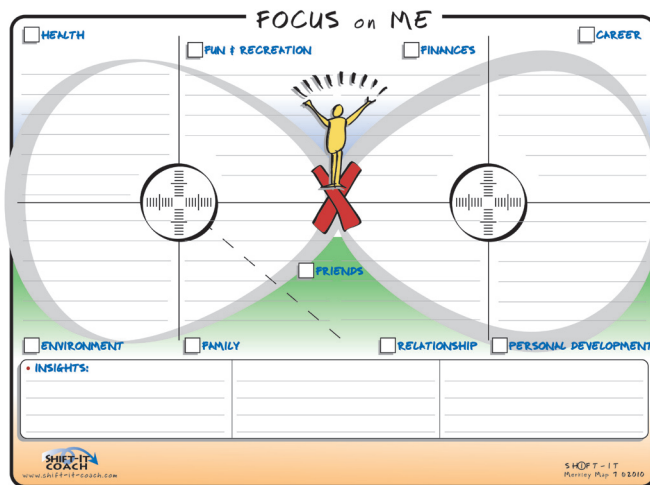


This Merkley Map is part of a larger Graphic Coaching process called SHIFT-IT. SHIFT-IT is a seven-stage process to assist individuals in doing their own personal visioning and planning work. There are 17 visual templates in the process (called Merkley Maps®). These tools can be used in order, or separately to supplement other coaching or personal development work.

The Focus on Me exercise falls into: **Investigate Your Now.**



1. At the Crossroads
- 2-5. Life Maps
6. Catch & Release
7. Focus on Me
8. S.E.L.F. Inventory
9. Essential Extracts
10. Future Self Vision
11. Magnetism
12. Flip It, Flip It Good
13. Inner Alignment
14. Archeology of Beliefs
15. Big Picture Plan
16. Take Action!
17. Declaration of Intention



PURPOSE OF MAP:

- To determine how satisfied you currently are in the eight major areas of life.
- To gauge which areas of life are currently working for you and which areas are not.
- To identify the main areas where improvement is desired; these areas become your main focus for the rest of your SHIFT-IT process.

DESCRIPTION:

The Focus on Me exercise helps you to take a look at yourself and your present circumstances. This map helps you see what areas of life are satisfying to you and which aren't, in a very visual, tangible way. By identifying what is currently satisfying to you and what isn't, you can really determine what to focus your coaching work on (the low satisfaction areas) and begin the process of pinpointing exactly what it is you do want – your emerging Personal Vision.

Dissatisfaction Is a Natural Manifestation Process

As discussed in the Crossroads Map, dissatisfaction can be a very good thing. Dissatisfaction can be the impetus for us to launch a new rocket of desire. It helps us get clear about what we do want. And, once we are clear about what we do want, we can focus on that and take the steps to manifest it – creating a new level of satisfaction and personal expression in the process.

This manifestation process (dissatisfaction-rocket of desire of new want-manifestation of new want) is an ongoing, ever evolving thing. It's the nature of life. The nature of evolution. We never really get there – it's a process as opposed to a destination. Knowing that can sometimes take the sting out of dissatisfaction --- accepting dissatisfaction and reframing it as a natural and good part of life.

What Does YOUR Satisfaction Look Like?

What does YOUR overall satisfaction in life look like? What is currently working for you and what is not? Noticing where you are satisfied and where you are not leads to greater self-inquiry and awareness. Use your dissatisfaction as the guidance that it is ... it is telling you things aren't quite right in your world and is giving you hints about what shifts need to be made. Listen to your dissatisfaction ... your inner guidance is communicating with you!

Rating the Eight Main Areas Of Life:

This template breaks life into a model of eight distinct areas. The eight areas (in no particular order are):

- 1. Health**
- 2. Relationship**
- 3. Family/Friends**
- 4. Finances**
- 5. Career/Business**
- 6. Personal Development/Spirituality**
- 7. Fun and Recreation**
- 8. Physical Environment**

The purpose of the Focus on Me map is for you to rate your satisfaction level in these eight areas of life, on a scale of one to ten (with one being very low satisfaction and 10 being very high satisfaction).

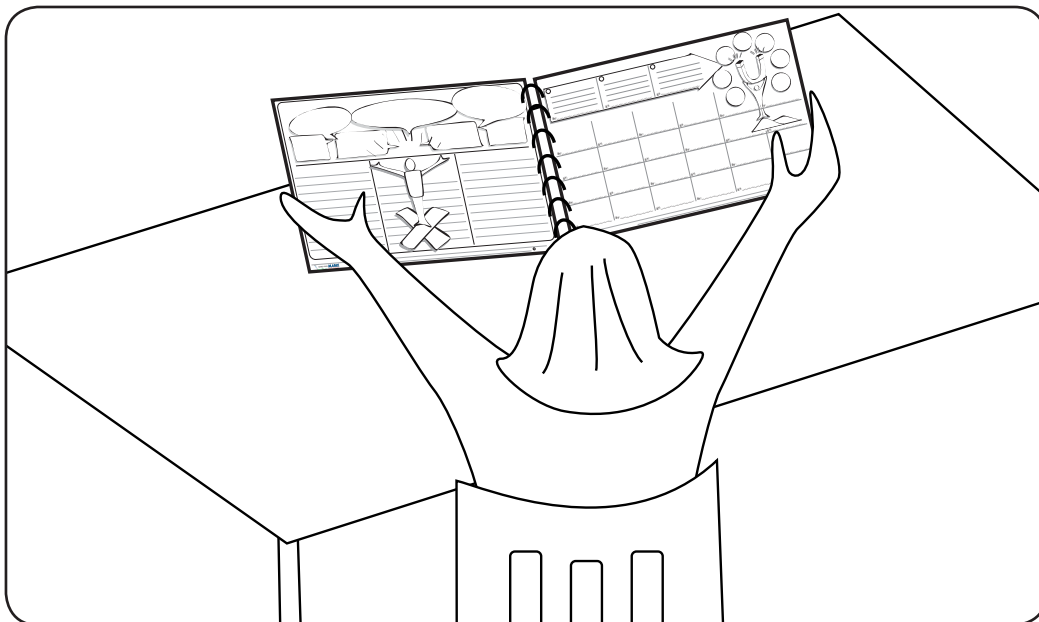
What, currently, is your state of satisfaction in each of these areas? Some of these areas you will probably be pretty high and others may be low. For example, you may be really satisfied with your health but feel low on your physical environment. Or, like some entrepreneurial clients, you may be really satisfied with the state of career/business and finances, but are realizing that health and personal relationships aren't what you'd like them to be.

Find out what your own unique blend of satisfied and dissatisfied areas of life are by completing the Focus on Me Map.

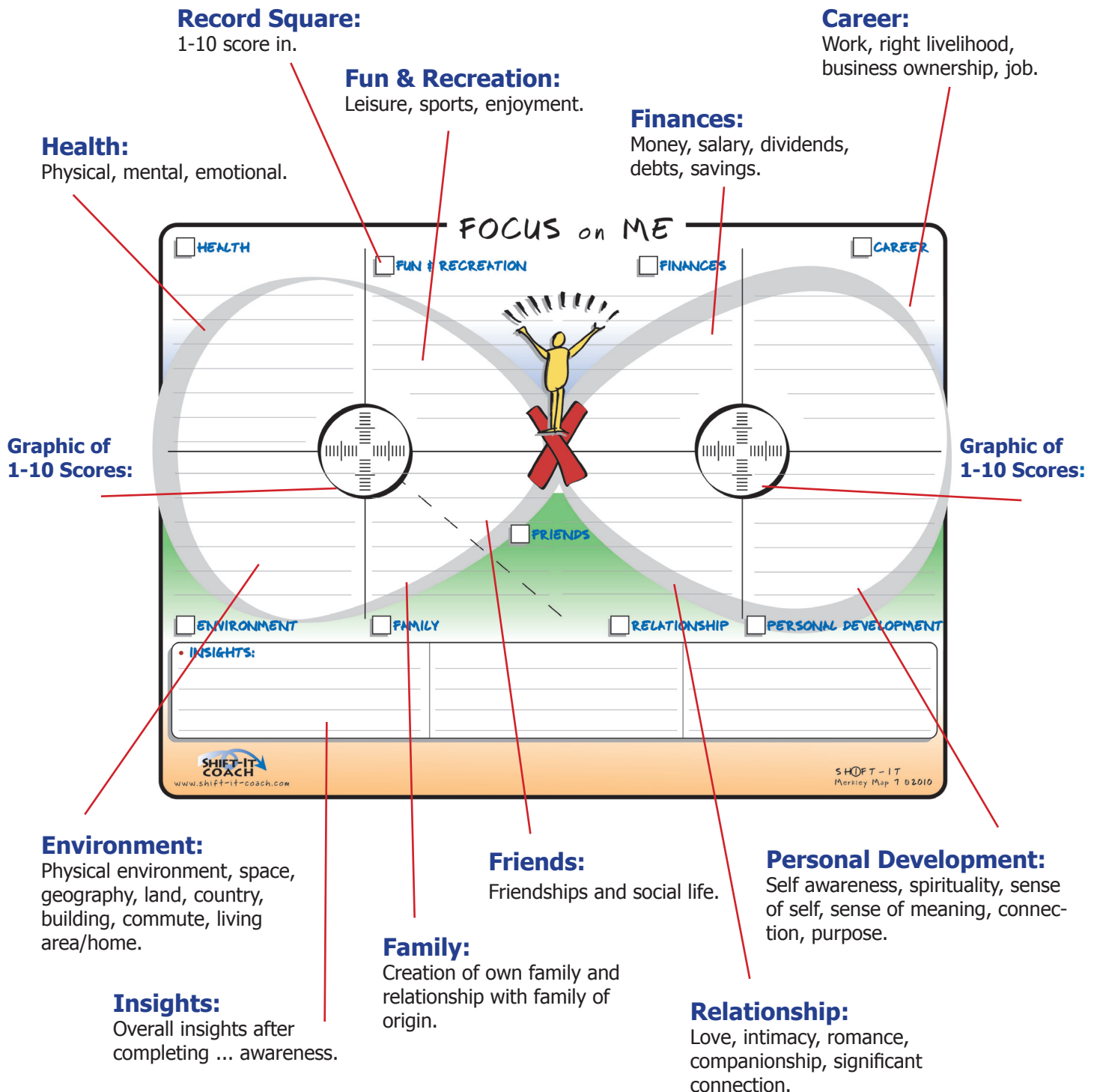
CREATE YOUR FOCUS ON ME MAP:

Quick Summary of Steps:

1. **Gather Materials & Create Quiet Space**
2. **Rate Health and Fun & Recreation**
3. **Rate Finances and Career**
4. **Rate Personal Development and Relationship**
5. **Rate Family/Friends and Environment**
6. **Harvest Overall Insights**



OVERVIEW OF MAP:



STEP BY STEP DIRECTIONS:

STEP 1: GATHER MATERIALS & CREATE A QUIET SPACE:

Create quiet space

Create a quiet space for yourself where you aren't likely to be disturbed. Set aside at least 30 minutes to really think this through and complete the steps.

Gather materials

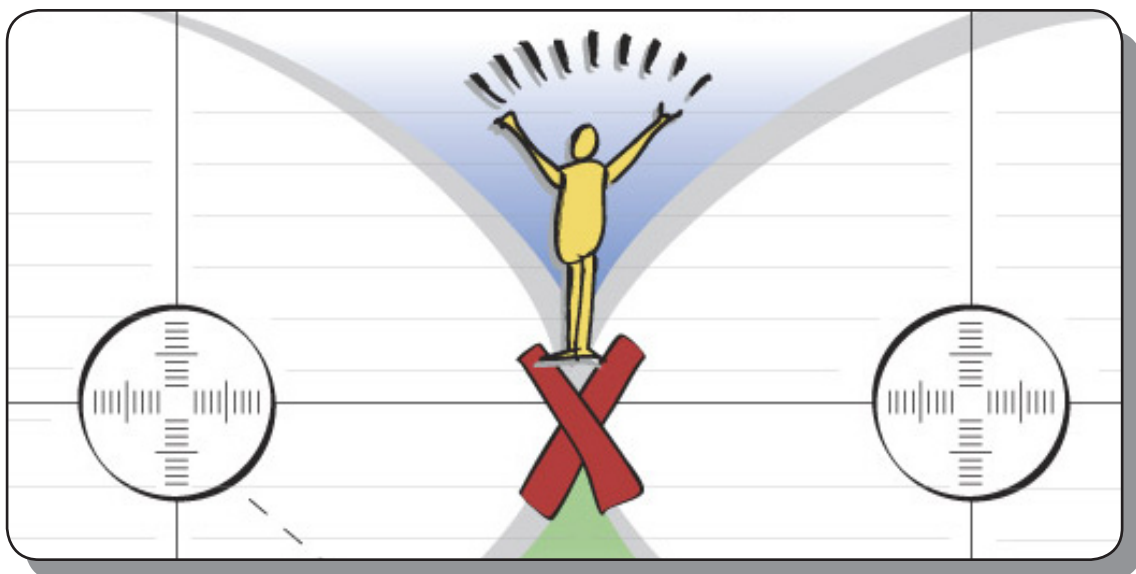
You'll need this Map and a pen. Colored markers for coloring in the ratings scale are also helpful.

USE PEN OR MARKER:

Using pens or markers as opposed to pencils is recommended, as ink will last longer than pencil (you may want to preserve these maps for a while).

"We All Have The Extraordinary
Coded Within Us Waiting To
Be Released."

Jean Houston



Satisfaction Not Existence or Amount / Volume:

Remember when you do this exercise that you are identifying your levels of satisfaction, not whether or not you have something in your life or what volume of it you have in your life.

You might have nothing in one area, and be perfectly satisfied with that – so your satisfaction score would be very high despite the non-existence of what you are measuring.

For example, you might not have a primary relationship (romantic partner), and you could be 100% satisfied with that. Or, you might have what some consider scarce financial resources, but are perfectly satisfied with the state of finances in your life. Same goes for fun and recreation. Or family and friends. Or any of the eight categories of life categories. It is not if you have them. Or to what extent you have them. Only how satisfied you currently are about the state of these things currently in your life. Right now.

How to Mark Your Scores: The Satisfaction Scale and Vote Box:

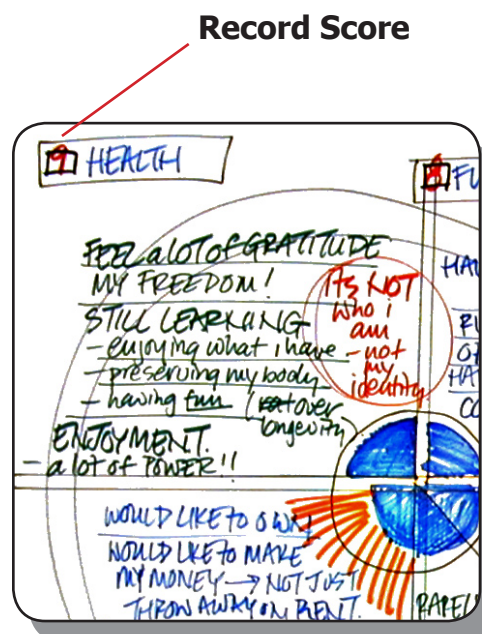
Before you begin your scoring process, it is helpful to know how to mark them.

Score Each Section:

With each area of life you will consider your satisfaction level in that area and decide upon a number (1-10) that represents it. With a score of 1 being low satisfaction (very dissatisfied) and a score of 10 being high satisfaction (very satisfied). A score of 5 is medium satisfaction.

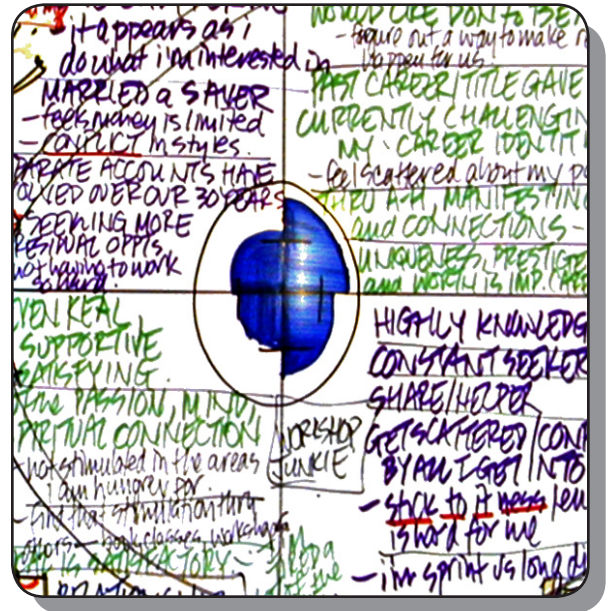
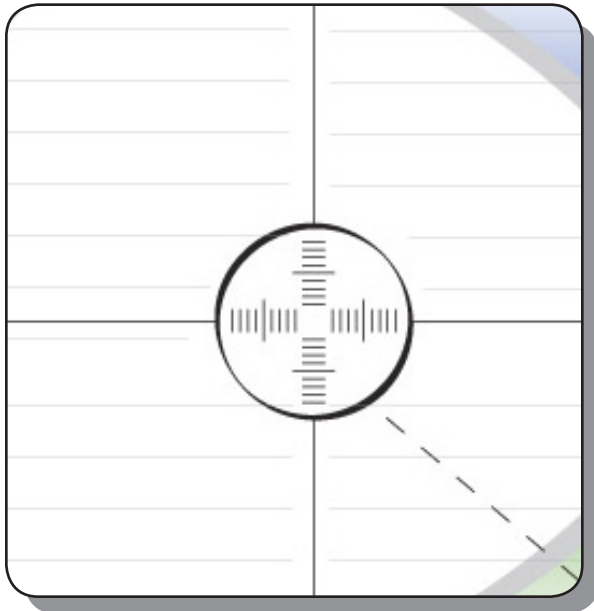
There Is A Little Box In Each Life Area.

Record Your Score In The Box For That Section.



Shading the Circle Wedge:

After scoring each area, color in the circular scale (in the center of each loop). This scale has markings to guide you. By coloring in this scale, you will get a visual representation of your score. After you complete all eight areas, it will become very clear which areas are your lowest and therefore require the most of your attention moving forward.



"Learn To Love And Accept Yourself For Who You Are Right Now. Love All Of The Things You Have Already Created. You Do Not Need To Be Perfect Before You Do Your Life's Work; Accomplishing Your Life's Work Will Help You Grow And Evolve. As You Love And Accept Who You Are Right Now, You Make It Possible To Move In New Directions. You Have Been Doing The Best You Know How."

Sanaya Roman

STEP 2: RATE HEALTH AND FUN & RECREATION:

Begin by focusing on the areas of Health and Fun & Recreation.

Health:

Define health in the fullest sense of the word: physical, mental and emotional.

To figure out your satisfaction score for the area of health, consider the following:

- **How Satisfied Are You Currently With The State Of Health In Your Life?**
- **Physical, Mental, Emotional?**
- **Do You Exercise?**
- **How Fit Are You?**
- **How Is Your Relationship To Your Body?**
- **How Satisfied Are You With Your Weight And Physique?**
- **Any Illnesses Or Conditions?**
- **How Is Your Outlook On Life Overall?**
- **How Is Your Energy Level? Your Mood?**
- **How Comfortable Do You Feel In Your Skin?**
- **Movement? Flexibility? Stamina? Activity?**
- **Sensuality? Sexuality?**

If you were to place a number on your current satisfaction level, what would that number be?

1 = very low satisfaction
5 = average satisfaction
10 = very high satisfaction

Write Your Score In The Little Box In The Health Section.

**Record Any Thoughts About Why You Selected The Score That You Did:
Your Rationale, Your Thinking, And Your Reasons (Positive And Negative).**

Fun and Recreation:

Repeat the same process with the area of Fun & Recreation:

- **How Satisfied Are You Currently With The State Of Fun & Recreation In Your Life?**
- **Do You Know What These Words Mean?**
- **Are You Having Fun?**
- **Do You Relax? Do You Have Enjoyable Activities?**
- **Hobbies? Travel?**
- **Activities Outside Of Work Or Income Earning?**
- **Nature? Socializing?**
- **Sports? Clubs?**
- **Vacations? Games?**
- **Play? Laughter? Enjoyment? Joy?**

If you were to place a number on your current satisfaction level, what would that number be?

1 = very low satisfaction
5 = average satisfaction
10 = very high satisfaction

Write Your Score In The Little Box In The Fun & Recreation Section.

Record Any Thoughts About Why You Selected The Score That You Did: Your Rationale, Your Thinking, And Your Reasons (Positive And Negative).

"We Must Be Willing To Get Rid Of The Life We're Planning,
So As To Have The Life That Is Waiting For Us. The Old Skin Has
To Be Shed Before The New One Can Come."

Joseph Campbell

STEP 3: RATE FINANCES AND CAREER:

Repeat the same process with the areas of Finances and Career:

Finances:

- **How Satisfied Are You Currently With The State Of Finances In Your Life?**
- **Do You Have Cash And Money? Access To It Somehow?**
- **Are You Able To Purchase Or Acquire The Things That You Like And Want?**
- **How Is Your Stress Level Where Finances Is Concerned?**
- **Debt? Liabilities? Bills? Credit?**
- **Mortgages? Rent? Revenue?**
- **Income? Salary? Assets And Investments? Savings? Dividends? Trusts?**
- **Employee? Self Employed? Business Owner? Investor?**
- **Financial Management? Habits?**
- **Shopping And Spending?**
- **Retirement? Older Age?**
- **Gifts? Helping Others? Giving? Donations? Tithing?**
- **Abundance? Having? Feeling Full?**
- **Scarcity? Lack? Feeling Empty Or Not Enough?**
- **Satisfied? Dissatisfied? Content? Fine?**

If you were to place a number on your current satisfaction level, what would that number be? Remember, this has nothing to do with how much or how little you have, only with how SATISFIED you are with what you have.

1 = very low satisfaction
5 = average satisfaction
10 = very high satisfaction

Write Your Score In The Little Box In The Finances Section.

Record Any Thoughts About Why You Selected The Score That You Did: Your Rationale, Your Thinking, And Your Reasons (Positive And Negative).

Career / Right Livelihood:

Consider the following:

- **How Satisfied Are You Currently With The State Of 'Career' In Your Life?**
- **Job? Self-employment? Profession?**
- **Entrepreneur / Business Owner?**
- **Purpose? Meaning? Contribution? Expression?**
- **Stimulation? Advancement?**
- **Earning Trajectory? Opportunities For Advancement?**
- **Suitability To Your Temperament And Personality?**
- **Enjoyment Factor? Talents? Gifts? Aptitudes?**
- **People You Work With And Interact With?**
- **Co-workers? Colleagues? Clients? Customers?**
- **Employer? Employees? Partners? Vendors?**
- **Recognition? Validation?**
- **Freshness? Sparkle? Calmness? Excitement?**
- **Hours? Location? Stress Level?**
- **Output? Results? Sense Of Accomplishment?**
- **Stability? Variety? Role? Function?**
- **Return On Investment (In Education, Training, Etc)?**

If you were to place a number on your current satisfaction level, what would that number be?

1 = very low satisfaction
5 = average satisfaction
10 = very high satisfaction

Write Your Score In The Little Box In The Career Section.

Record Any Thoughts About Why You Selected The Score That You Did: Your Rationale, Your Thinking, And Your Reasons (Positive And Negative).

STEP 4: RATE PERSONAL DEVELOPMENT & RELATIONSHIP:

Personal Development / Higher Meaning:

Personal development is all about your connection with yourself and your development and your philosophy and/or connection to life in general.

- **How Satisfied Are You Currently With Your State Of Personal Development?**
- **Growth? Learning? Evolution? Development?**
- **Personal Pursuits? Self Awareness? Spirituality?**
- **Sense Of Meaning And Purpose? Faith? Religion?**
- **Belief In Larger/Greater Meaning Of Life?**
- **Meditation? Contemplation? Prayer?**
- **Connection To Nature?**
- **Understanding Of Family Lineage? Therapy? Counseling?**
- **Personal Development Workshops?**
- **Coaching? Mentors? Mastermind Groups? Goals Buddy?**
- **Relationship To Self? Relationship To Life?**
- **Bigger Picture Perspective?**

(again, this is how satisfied you are with this area of life, doesn't mean you have to have any, only how satisfied you are with this).

If you were to place a number on your current satisfaction level, what would that number be?

1 = very low satisfaction
5 = average satisfaction
10 = very high satisfaction

Write Your Score In The Little Box In The Personal Development Section.

Record Any Thoughts About Why You Selected The Score That You Did: Your Rationale, Your Thinking, And Your Reasons (Positive And Negative).

Relationship / Romance:

This is the section in which to consider the role of relationship in your life: in terms of romance, love, partnership, significant connection, etc.

- **How Satisfied Are You Currently With The State Of Relationship In Your Life?**
- **Primary Relationship? Mate/marriage?**
- **Partner? Significant Other?**
- **Girlfriend? Boyfriend? Companion?**
- **Sex? Touch? Intimacy? Closeness? Love? Connection?**
- **Conversation? Dates? Events? Activities Together?**
- **Quality? Quantity? Time?**
- **Roles? Expectations? Negotiating?**
- **Housework? Division Of Labor? Children?**
- **Trust? Confidence? Friendship? Support?**
- **Understanding? Commitment? Freedom?**
- **Ability To Be Self In Relationship?**
- **Like Partner? Love Partner? Want To Be With Partner?**

Please note: It is not necessary for you to have a partner in order for you to score high satisfaction in this area. You may not have a partner and be very satisfied that you don't. Again, your score is to represent what your current state of satisfaction in this area is.

If you were to place a number on your current satisfaction level, what would that number be?

1 = very low satisfaction
5 = average satisfaction
10 = very high satisfaction

Write Your Score In The Little Box In The Relationship Section.

Record Any Thoughts About Why You Selected The Score That You Did: Your Rationale, Your Thinking, And Your Reasons (Positive And Negative).

STEP 5: RATE FAMILY/FRIENDS AND ENVIRONMENT:

Family / Friends

Depending on your situation, you may want to split this section into three zones: original family (family of origin), created family (your own children and mate), and friends. Score the three areas, and then create a combined score from the three to arrive at your overall number for this area.

How satisfied are you currently with the state of 'family' in your life?

Family of Origin:

- **How Satisfied Are You With Your Parents Or Original Caretakers?**
- **How Satisfied Are You With The Way You Grew Up?**
- **Brothers? Sisters? Relationships With Siblings?**
- **Your Shared Past? How You All Are In The Present?**
- **How You Interact Together? What You Are Like Together?**
- **Amount Of Time Together? Frequency? Duration? Quality?**
- **Extended Family Relationships? Customs? Traditions?**
- **Your Heritage? Lineage? Cultural Roots?**

1 = very low satisfaction

5 = average satisfaction

10 = very high satisfaction

Decide Upon A Score For Your Satisfaction Level Regarding Your Family Or Origin.

"It Is Never Too Late To Be What You Might Have Been."

George Eliot

Created Family:

- **Do You Have Your Own Family?**
- **Have You Married? Created A Significant Relationship Arrangement?**
- **How Satisfied With What You Have Created? Or Not Created?**
- **Do You Have Children? Not?**
- **How Satisfied Are You With Your State Of Parenthood Or Involvement With Children?**
- **How Are Things Going? Currently?**

How satisfied are you currently with the state of your created family?

1 = very low satisfaction
5 = average satisfaction
10 = very high satisfaction

Decide Upon A Score For Your Satisfaction Level Regarding Your Created Family.

Friends:

- **How Satisfied Are You With The State Of Friends And Friendships In Your Life?**
- **Old Friends? New Friends? Friends With Common Interests?**
- **Interesting? Exciting? Supportive? Fun? Varied?**
- **Geographically Close? Far Away Or Scattered?**
- **Amount? Numbers? Quality? Quantity?**
- **Friends Versus Acquaintances Or Colleagues?**
- **Closeness? Trust? Dialogue? Communication? Authenticity?**
- **Ability To Do Activities? Interests? Sharing?**
- **Acceptance? Emotional Intimacy? Best Friend(s)?**

How satisfied are you currently with the state of friends in your life?

1 = very low satisfaction
5 = average satisfaction
10 = very high satisfaction

Decide Upon A Score For Your Satisfaction Level Regarding Friends.

Combine Your Three Scores And Divide By Three: Write Your Final Score In The Little Box In The Family/Friends Section.

Record Any Thoughts About Why You Selected The Score That You Did: Your Rationale, Your Thinking, And Your Reasons (Positive And Negative).

Physical Environment / Space

This category looks at your satisfaction with environment and space.

- **How Satisfied Are You Currently With Your Environment?**
- **Your Surroundings? Your Home? Neighborhood?**
- **Locale? City? Country? Geography? Commute?**
- **Buildings? Structures? Office? Rooms?**
- **Décor? Style? Color? Furnishings?**
- **Where You Spend The Majority Of Your Time?**
- **How You Feel There? Does It Fit You? Suit You?**
- **The Tone And Atmosphere Of Your Surroundings?**
- **Your Comfort Level With Where You Are?**
- **Closeness To Nature? Beach? Mountain? Desert?**
- **Seasons? Weather? Warmth? Coldness? Rain? Sun?**
- **Energy Of Where You Live? Vibrancy? Remoteness?**
- **Cultural Events? Music? Restaurants? Food? Shopping?**
- **Proximity To Activities You Like To Engage In?**
- **Kinds Of People You Like To Associate With?**
- **Close Or Faraway From Family Members And Extended Family?**
- **Economic Climate? Jobs? Industry? Population?**
- **Politics? Local? Regional? National?**

If you were to place a number on your current satisfaction level, what would that number be?

1 = very low satisfaction

5 = average satisfaction

10 = very high satisfaction

Write Your Score In The Little Box In The Physical Environment Section.

Record Any Thoughts About Why You Selected The Score That You Did: Your Rationale, Your Thinking, And Your Reasons (Positive And Negative).

STEP 6: HARVEST OVERALL INSIGHTS:

Step back and look at the Big Picture of your work.

- **What Does This Exercise Tell You?**
- **What Information Do You Get From Looking At Your Circles?**
- **If The Circles Are Wheels --- Wheels That Get You Through Life --- How Bumpy Are Your Wheels?**
- **What Is Your Lowest Score? What Is Your Highest? Surprises?**
- **What Do You Have Working Well For You Right Now?**
- **What Do You Need To Improve On?**
- **What Does This Tell You About Your Priorities Moving Forward?**
- **What Needs The Most Attention?**
- **What Do Your Answers Tell You About Where To Focus Your SHIFT-IT Coaching Work?**
- **What Is Starting To Brew About A Desired Future For You?**
- **If Your Low Scores Tell You What You Don't Want, What Are They Also Pointing Out About What You Do Want?**
- **What Would Create Satisfaction For You?**
- **What Would A Life Of All High Scores Look Like? Feel Like? Be?**
- **What Do You Really, Really Want?**

Write Your Answers In The Insights Section Of Your Template And On The Following Page.

"To Have Different, Feel Different. Look Less At What Is.
Look More At What Is Becoming".

Abraham-Hicks

[illegible]

This is an easy exercise to quickly see where you are in life. Do several of them over time. See how your satisfaction level shifts and morphs. See what happens with your low areas: are they chronically low or do they fluctuate or improve over time? Is your coaching work or other self-creation work having an effect? Notice how you develop satisfaction in one area, only to have another area dip down. That is natural. It is the nature of life. You are never done. It doesn't stay static. Be light with this. Gentle. It is ok for it to morph and shift. It is a great tool for gauging where you are and what you now want.

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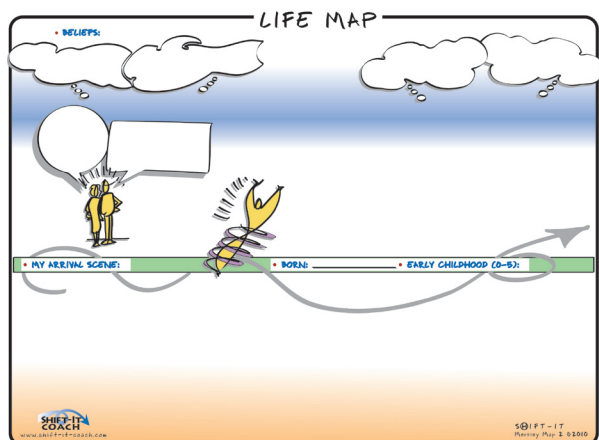
Case Study: Focus On Me

FOCUS on ME

- HEALTH**
 - love working out
 - eat healthily
 - i feel good
 - sleep well, never sick
 - busy - slightly stressed
- 8 FUN & RECREATION**
 - dance parties!
 - spend time w/ family
 - hangout w/ close friends
 - incorporate fun.
 - College for a week
 - months sitting in a room
- FINANCES**
 - worry about it
 - think a lot
 - daughter's college
 - keeping up the house
 - get a turn job
 - want control
 - favoret could be turned off at any time
 - not supportive of entrepreneurship
 - life style
 - not as open as i can be
 - devils advocate
 - type A guy
 - addresses the scary
 - not into fitness
- CAREER**
 - empathetic + excited at times w/ my job
 - live the people i work with
 - want to be an entrepreneur
 - see hand when they are owners of their own business
 - in control of what happens
 - that its up to me
 - less politics
 - speedy time w/ Kennedy.. than was
 - love learning
 - wish i had more
 - sort of confused about faith
- RELATIONSHIP**
 - 10 friends
 - getting closer
 - family of 10 or right
- PERSONAL DEVELOPMENT**
 - and my RELATIONSHIP
- ENVIRONMENT**
 - love Austin
 - love this house - happy with it
 - 4 min commute
 - 2 min to daycare
 - love the city or the lake
 - fun family
 - blast
 - hard fun
- INSIGHTS**
 - HEED TO FOCUS ON WHAT I'M GOING TO DO WITH MY CAREER
 - I'M HAPPY - BUT THINGS ARE MISSING
 - FEELS GOOD TO TALK ABOUT IT. EASIER TO TAKE

NEXT STEPS:

Previous Move:

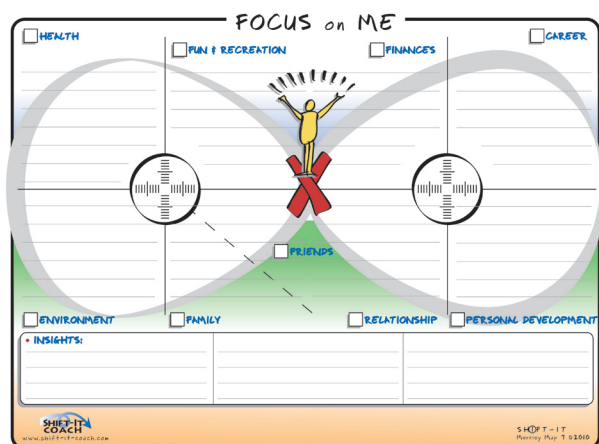


LIFE MAPS:

More **Harvest Your History** ---

Map out your own life-to-date. See your evolutionary story all in one place. Identify the events, people, places, thoughts, and things that have most impacted you. Harvest insights, appreciations and pinpoint what you want to release and let go of as you move forward.

Current Move:

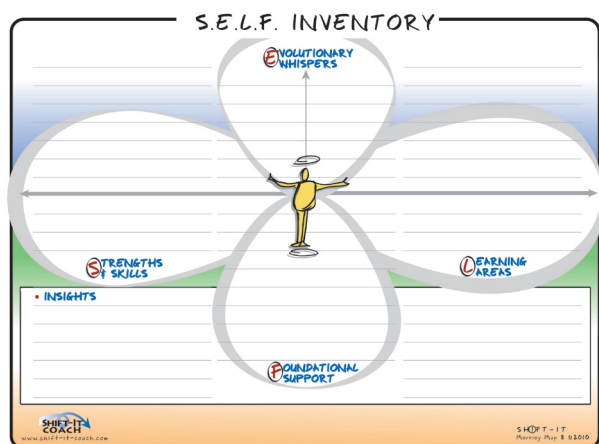


FOCUS ON ME:

Investigate Your Now ---

Create a visual representation of your 'now' (a life wheel). Gauge and quantify your current level of satisfaction in eight main areas of life (what is working and what is not). Determine the primary areas you want to address and change.

Next Move:



S.E.L.F. INVENTORY:

Investigate Your Now ---

Build an honest inventory of your Skills/Strengths, Evolutionary Inklings, Learning Areas, and Foundational Support. Acknowledge what you have to work with. The nudges you have been receiving about your future. The weaknesses and development areas you can own. And the assistance and supportive resources you can draw upon.

PRESERVE YOUR INSIGHTS:

You have taken the time to do this deep and thoughtful work ... so be sure to preserve it for ongoing and future reference.

Create a SHIFT-IT file folder or binder to collect and keep your notes and manuals.

If you are working through the full SHIFT-IT process, each Merkle Map will become a page in your Graphic Coaching report. Simply work through all 17 templates in order, then staple them together. For more lasting preservation, go to your local stationary or office supply store and have them bound together into a formal report (with a clear (transparent) front cover and a sturdy, cardstock, back cover). Or scan your maps into digital files that you can save and share.

SHIFT-IT is an ongoing experience that you may wish to do again and again. Preserve your early experiences so you can compare with your later ones: witness your changes and progress and more clearly see the evolutionary flow of your life.



COACH-IN-TRAINING

FYI, YOUR COACH IS CURRENTLY IN TRAINING TO BECOME A CERTIFIED SHIFT-IT COACH

The coach who has provided you with these handy SHIFT-IT Maps and materials is currently in training to become a Certified SHIFT-IT Coach.



For a list of all Coaches-in-Training and Certified SHIFT-IT Coaches (those who have successfully completed the requirements of the rigorous training) please see The SHIFT-IT Coach Directory at:

<http://www.shift-it-coach.com/directory>



SHIFT-IT Coach products and services are designed to assist creative, resourceful and whole people in their self-development pursuits. They do not replace or substitute for medical or mental health advice and their use is solely at the discretion of the client and their Certified SHIFT-IT Coach.

FOCUS on ME

☐ HEALTH

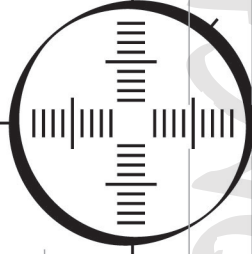
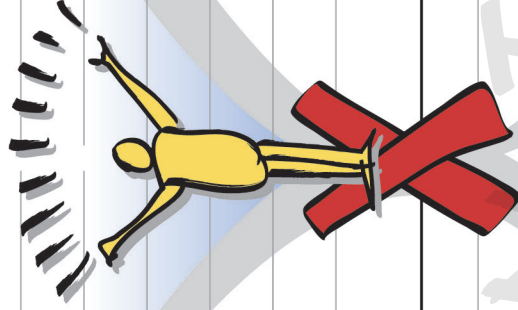
☐

☐ FUN & RECREATION

☐

☐ FINANCES

☐ CAREER



☐

☐ FRIENDS

☐

☐ ENVIRONMENT

☐

☐ FAMILY

☐

☐ RELATIONSHIP

☐

☐ PERSONAL DEVELOPMENT

• INSIGHTS:

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COACH

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